

THE IHW PROGRAM AT THE WASHINGTON, DC VETERANS AFFAIRS MEDICAL CENTER
IS PLEASED TO OFFER A NUMBER OF INTEGRATIVE WELLNESS GROUPS

Gentle Yoga

iRest Yoga Nidra & Meditation

Tailored Group Acupuncture

Integrative Nutrition Workshops

T'ai Chi & Qigong

Whole Health Group

Wellness Massage

ACT & MBSR

Integrative Medicine Physician Clinic



If you are interested in these services, please have your provider place a consult for the Integrative Health and Wellness (IHW) Program. After your provider places the consult, you will be contacted to schedule an orientation session.

Attending the orientation is mandatory before participating in IHW program services.

Orientation length: Approximately 1 hour.

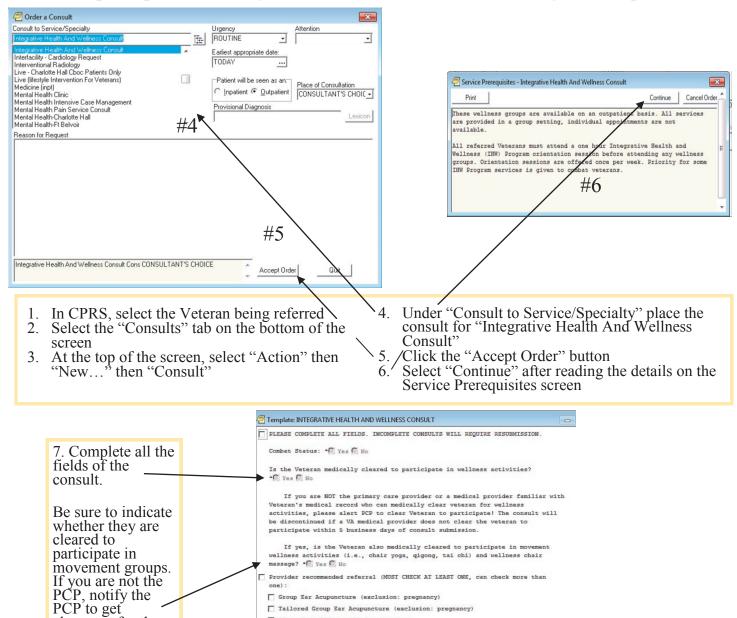
Integrative Health and Wellness Program at the DC VAMC Room 1E 390 Phone: (202) 745-8000 x 53882



Instructions for Providers

To place a consult for the Integrative Health and Wellness Program, please use the instructions on the back of this flyer. Any VA provider can submit a consult to the IHW program. In order to complete the submission and have access to all the available services, a Veteran's primary care provider will need to clear them to participate in movement activities. We do not currently offer individual appointments for any of our services.

Providers can follow these easy instructions to submit a consult for a Veteran who wants to participate in the Integrative Health and Wellness (IHW) Program Groups.



Your referral will be sent to the IHW program coordinator and the Veteran will be contacted to be scheduled for the mandatory orientation session.

"By checking this option, you are requesting the Integrative Medicine Physician (IMP) to review the medical history of the Veteran you are referring. The IMP will follow up with the Veteran to schedule an individual consultation as appropriate. Individual consultation eligibility and appropriate integrative

service utilization will be determined by the IMP. Please provide your @va.gov email address when requesting this service. If necessary, the IMP may contact

*Veteran understands that this is a voluntary program in which he/she can

Tailored Group Ear Acupuncture (exclusion: pregnancy)

| iRest Yoga Nidra (guided meditation)

☐ Nutritional Psychology Wellness Group

Integrative Medicine Physician Review

you with follow-up questions

Gentle yoga

☐ Wellness Chair Massage

participate: * Yes No *Reason for referral: *

Qigong Tai Chi

Women's iRest Yoga Nidra (quided meditation)

clearance for the

Select all services recommended for

Veteran to

participate

the Veteran.

Please provide

additional details for your referral.